



# Paleo Breakfast Recipes



**PALEO**  
COOKBOOKS

Website: [www.paleocookbook.com](http://www.paleocookbook.com)

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IMPORTANT: Those who might be at risk from the effects of salmonella food poisoning (the elderly, pregnant women, young children and those suffering from immune deficiency diseases) should consult their healthcare professional about eating raw eggs.

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## SCRAMBLED EGGS WITH MUSHROOM AND PINE NUTS

*Serves 1*

3 eggs	1 tbs oil
2 tsp onion, finely chopped	1 tbs pine nuts
2 tbs chives, finely chopped	Salt and pepper
1 cup sliced mushrooms	

### Instructions

Place oil in a frying pan on medium heat and fry the onions for 3-4 minutes until lightly browned. Remove mushrooms from pan.

Whisk eggs in a bowl then pour into the frying pan; cook while stirring constantly.

When the eggs are almost cooked, add the chives and continue cooking for a further 1 minute, or until eggs are cooked.

Add salt and pepper to taste.

Remove from heat and stir in mushrooms before serving.





## SCRAMBLED EGGS WITH BASIL AND WALNUTS

*Serves 1*

3 eggs

½ cup fresh basil, chopped

⅓ cup walnuts, chopped

Salt and pepper

### Instructions

Whisk eggs in a bowl then place in a frying pan on medium heat, stirring constantly.

When the eggs are almost cooked, add the basil and continue cooking for a further 1 minute or until eggs are fully cooked.

Add salt and pepper to taste.

Remove from heat and stir in the walnuts before serving.



## GRILLED GARLIC MUSHROOMS WITH BACON

*Serves 2*

2 cups mushrooms, sliced  
3 rashers bacon, diced  
3 tbs parsley, finely chopped

3 tbs olive oil  
3 garlic cloves, finely chopped  
Salt and Pepper

### Instructions

Pre-heat grill on medium-high heat.

Place all ingredients in a bowl and combine well.

Place ingredients on the grill and cook, stirring occasionally for 5-8 minutes, or until the bacon has become slightly crispy and mushrooms have begun to shrivel.

Add salt and pepper to taste.

Serve immediately.



## BROCCOLINI WRAPPED IN BACON WITH SOY PINE NUTS

*Serves 1*

4 stems broccolini  
4 rashers bacon, rind removed  
 $\frac{1}{3}$  cup pine nuts

1 tbs soy sauce (*non-paleo, optional*)  
Toothpicks

### Instructions

Pre-heat grill to medium-high heat.

Place pine nuts and soy sauce in a frying pan on low heat and cook for 2-3 minutes or until lightly toasted, stirring constantly. If not using soy sauce then just lightly toast the pine nuts until they are golden brown.

Wrap one piece of bacon around the stems of each broccolini and secure in place with a toothpick.

Place broccolini on a pre-heated grill, turning occasionally for 5-6 minutes until the broccolini is tender and the bacon is crisp.

To serve, place the broccolini on a serving plate and top with pine nuts.





## SCRAMBLED EGGS WITH VEGGIES

*Serves 1*

2 spring onions, chopped

1 tsp oil

½ carrot, finely chopped

2 broccolini stalks, finely chopped

2 asparagus stalks, finely chopped

3 eggs

Salt and pepper

### Instructions

Place oil and spring onions in a frying pan on medium heat and fry for 1 minute.

Add vegetables and cook for a further 1 minute, stirring constantly. Add the eggs and scramble into the vegetable mixture, stirring constantly for 2-3 minutes until the eggs are cooked.

Add salt and pepper to taste. Serve immediately.



## SCRAMBLED EGGS WITH CHIVES

*Serves 1*

3 eggs

2 tsp onion, finely chopped

2 tbs chives, chopped

Salt and pepper

Oil

### Instructions

Place oil in a frying pan on medium heat, fry the onions for 3-4 minutes or until lightly browned. Remove from the pan.

Whisk the eggs in a bowl then place in the frying pan, cook stirring constantly.

When the eggs have almost cooked, add the chives and continue cooking for a further 1 minute, or until they are cooked.

Serve immediately.





## BACON AND LEEK WITH BOILED EGGS

*Serves 1*

3 bacon eyes, diced	2 eggs
1 small leek, end removed and sliced	1 tbs oil
3 asparagus stalks	Salt and pepper

### Instructions

Place the eggs in a pan with boiling water and cook to reach desired firmness.

Meanwhile, place oil and bacon in a frying pan on medium heat and fry until the bacon has begun to crisp. Add leek and asparagus and stir constantly for a further 1 minute, or until the leek is tender.

Peel the eggs, cut in half and place on a plate with bacon, leek and asparagus.

Serve immediately.



## VEGGIE FRITTERS

*Serves 2-4*

⅔ cup sweet potato, grated	½ cup almond meal
½ cup carrot, grated	2 eggs
½ cup zucchini, grated and squeezed to remove excess moisture	Salt and Pepper
½ cup green peas	Coconut oil

### Instructions

Place all ingredients, except for the coconut oil, in a bowl and combine.

Heat frying pan on medium heat and add sufficient coconut oil to shallow fry.

Make patties the size of the palm of a hand and place 2 or 3 patties in the frying pan, cooking on each side for 3-4 minutes until browned and cooked through. Serve.



## SALMON AND ZUCCHINI FRITTERS

*Serves 4-6*

2 eggs	1 tablespoon chopped dill
1½ cups almond meal	Salt and pepper to taste
100g smoked salmon, thinly sliced	Oil
2 large zucchini, roughly grated, liquid squeezed out	

### Instructions

Combine eggs and almond meal in a bowl and whisk until smooth. Stir in the smoked salmon, zucchini, dill, salt and pepper.

Place oil in a frying pan and heat over medium heat.

Spoon 1 tablespoonful of the smoked salmon mixture into the pan, allowing room for spreading. Fry for 2-3 minutes each side until golden and cooked through. Drain the fritter on absorbent paper.

Repeat with remaining smoked salmon mixture, adding oil to the pan between each batch as required.

Serve with a simple green salad.



## FRIED EGGS WITH VEGGIES

*Serves 1*

2 eggs	2 asparagus stalks, cut into three pieces
1 tbs oil	
2 broccoli florets, broken into smaller florets	½ cup button mushrooms
	2 broccolini stalks

### Instructions

Place all vegetables on a pre-heated grill on medium-high heat. Cook for 2-3 minutes, stirring occasionally. Transfer the vegetables to a serving plate

Meanwhile, heat oil in a frying pan on medium heat, add the eggs and cook to personal preference.

To serve, top the vegetables with eggs.





## SCRAMBLED EGGS WITH SMOKED SALMON AND LEMON MAYONNAISE

*Serves 1*

3 eggs	1 tsp mayonnaise
2 thin slices smoked salmon	1 tsp lemon juice

### Instructions

Whisk the eggs in a bowl then place in frying pan on medium heat, cook stirring constantly. When the eggs are cooked transfer them to a serving plate.

Return frying pan to heat and add smoked salmon. Cook salmon on each side for 20 seconds or until warmed through.

In a small bowl, combine mayonnaise and lemon juice.

Place the salmon beside the scrambled eggs accompanied by the lemon mayonnaise.

Serve immediately.





## MUSHROOM AND BACON OMELETTE

*Serves 2*

3 eggs	Salt and pepper
3 bacon eyes, diced	1 tbs oil
¾ cup mushrooms, chopped	

### Instructions

Place oil and bacon in a frying pan on medium heat and cook until the bacon has started to brown.

Add mushrooms and stir constantly for a further 1 minute or until mushrooms have begun to shrivel. Remove from heat.

Whisk the eggs in a bowl. Add the bacon and mushrooms and combine well. Pour egg mixture into a frying pan on medium heat and cover with baking paper.

When the bottom of the eggs have cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping the eggs onto it, then transfer them into the heated frying pan and cook for a further 2-3 minutes or until browned on the bottom. Serve immediately.



## SMOKED SALMON OMELETTE WITH DILL MAYONNAISE

*Serves 1*

3 eggs	1 tbs mayonnaise
2 tbs chives, finely chopped	2 tsp dill, finely chopped
2 thin slices of smoked salmon	1 tsp lemon juice

### Instructions

In a small bowl, combine mayonnaise, dill and lemon juice.

Whisk the eggs in a mixing bowl and pour into a frying pan on medium heat and cover with baking paper.

When the bottom of the eggs have set, turn the mixture over by placing another sheet of baking paper to the side and flipping the eggs onto it, then transfer it onto the heated frying pan and cook for an extra 2-3 minutes or until browned on the bottom.

When the omelette is cooked turn it onto a plate. Top the omelette with salmon pieces and dress with dill mayonnaise.

Serve immediately.



## PAPRIKA AND GARLIC MUSHROOMS

*Serves 1*

1 cup button mushrooms  
3 garlic cloves, chopped

2 tbs olive oil  
½ tsp ground paprika

### Instructions

Place garlic, paprika and oil in a mixing bowl and combine well.

Add mushrooms and coat with the olive oil mixture.

Place mushrooms in a frying pan, or on a grill, on medium-high heat. Fry for 5-8 minutes, or until the mushrooms have browned slightly and started to shrivel. Serve.



### GRILLED TOMATOES

Tomatoes of choice  
Oil

Salt and pepper

#### Instructions

Pre-heat a frying pan or grill on medium-high heat adding a little oil to prevent sticking.

Place tomatoes in the frying pan or on the grill and cook for 4-5 minutes or until tomatoes are lightly browned and the skin looks a little shrivelled. Serve.



## CUCUMBER HOT DOGS

*Serves 4*

small sausages	Tomato sauce to serve
small cucumbers	<i>(optional)</i>

### Instructions

1. Grill to medium/high heat. Grill sausages for 6-8 minutes or until well cooked.

2. While the sausages are cooking, cut the ends off the cucumbers and use a small butter knife to remove the seeds by twisting the knife around in circles.

3. Push the hot sausage in the hollow of the cucumber and drizzle with tomato sauce.



## NUT BUTTER CUCUMBER SANDWICH

*Serves 1*

1 medium cucumber	Nut butter
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### Instructions

Cut the end off one side of the cucumber then hollow it out using a butter knife, leaving the other end of the cucumber closed. Fill with nut butter. Serve.



## SCRAMBLED EGG CUCUMBER SANDWICH

*Serves 1*

1 medium cucumber	Scrambled eggs
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### Instructions

Cut the end off one side of the cucumber then hollow it out using a butter knife, leaving the other end of the cucumber closed. Fill with scrambled eggs. Serve.



## LEMON CUSTARD

*Serves 1*

3 eggs	½ vanilla pod seeds
3 tbs lemon juice	½ tsp honey

### Instructions

Heat a pan on low-medium heat.

Beat together eggs, lemon juice, vanilla beans and honey. Add to pre-heated pan and stir constantly for 3-4 minutes or until the custard has thickened. Serve.

## BANANA AND FLAXSEED PANCAKES

*Serves 2-4*

½ cup banana, mashed	1 egg
2 tbs almond butter	Coconut oil
1½ tbs ground flaxseeds	

### Instructions

Combine all ingredients, except for the coconut oil in a bowl.

Heat sufficient coconut oil into a frying pan to shallow fry the pancakes on medium heat. Spoon the pancake mixture into the frying pan – mixture makes 4-5 pancakes. Fry for 1 minute before flipping over and cooking for a further 1 minute on the other side. Serve.

## LEMON PANCAKES

*Serves 2-4*

1 tbs apple sauce	2 eggs
2 tbs lemon juice	Coconut oil
⅓ cup almond butter	

### Instructions

Combine all ingredients, except for the coconut oil in a bowl.

Heat sufficient coconut oil into a frying pan to shallow fry the pancakes on medium heat. Spoon the pancake mixture into the frying pan – mixture makes 4-5 pancakes. Fry for 1 minute before flipping over and cooking for a further 1 minute on the other side. Serve.